Select a size that fits your wrist. Color 5 beads (in a row) red. Cut out the bracelet with a scissor and connect the ends with adhesive tape or glue. Put it on, take a picture and post it with a message on your social channels on Menstrual Hygiene Day 28 May! Use #ItsTimeForAction and #MHDay2020. Please tag @menstrualhygieneday (Facebook + Instagram) and @mhday28may (Twitter).
MORE IDEAS:

The Menstruation Bracelet made from beads

Made from fabric

Or simply paint the bracelet on your wrist!
For this example we used toothpaste and red lipstick

The simplest solution if you need bracelets in large numbers: use a piece of red or pink string

(They won’t have 28 beads obviously, but it’s okay)